

THE TOWN OF LOS ALTOS HILLS
FALL - WINTER 2010

ACTIVITY GUIDE



Parks & Recreation Committee

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Members of the Los Altos Hills Parks and Recreation Committee are appointed by the City Council and serve as an advisory body to the Council on matters related to recreation programs and activities. They study all recreation facilities available within the Town and make recommendations regarding their status.

Parks and Recreation Committee meetings are held on the second Wednesday of every month at 9:00 am in the Parks and Recreation Center at Town Hall. All Parks and Recreation Committee meetings are open to the public.



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Town of Los Altos Hills City Council

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Hon. Rich Larsen, Mayor Pro Tem
Hon. Jean Mordo, Councilmember
Hon. Ginger Summit, Councilmember
Hon. Dean Warshawsky, Councilmember

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The Los Altos Hills Parks and Recreation Activity Guide is a bi-annual publication, mailed or delivered to residents of Los Altos Hills. Businesses or entities referenced in this brochure do not constitute an endorsement by the Town of Los Altos Hills.

To receive the electronic version of this publication, or to add your name to the mailing list, please contact the Los Altos Hills Parks and Recreation Department at 650-941-7222.

FIRST
P
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A



Pam's Yoga Fitness

This course, taught by Pam Walatka, features an invigorating, fun yoga workout influenced by other practices including Pilates and mindfulness meditation. Class meets once a week for eight weeks, 10:15 am to 11:30 am. Please bring a yoga mat. For more information see www.pamwalatka.com.

Session 1: 9/15 – 11/3
Session 2: 11/10 – 12/29
Session 3: 1/5 – 2/23
Session 4: 3/2 – 4/20
Days: Wednesdays
Times: 10:15 am – 11:30 am
Location: Town Hall
Council Chambers
Fees: \$105 Residents/
\$119 Non-Residents

Pilates

By Kathy Klein

This pilates based mat class works your upper and lower abdominals, obliques, waistline and upper and lower back. Kathy's teaching method focuses on slow, methodical movements that work the core, not the extremities and focuses on breath work as well as stretching tight areas of the body. After attending this 8 week session you'll notice tone in your core, improved strength in your low and upper back, increased flexibility in your hamstrings and hip flexors as well as postural awareness and improvement.

Session 1: 9/29 – 11/17
Session 2: 11/24 – 1/12
Days: Wednesdays
Times: 8:45 am – 9:45 am
Location: Town Hall
Council Chambers
Fees: \$105 Residents/
\$119 Non-Residents

Tai Chi – Wu Style Tai Chi Chuan

With Mark Hindelang

Learn this Chinese system of 108 postures in a slow motion sequence, taking the body through its full natural range of motion. Regular practice will reverse effects of stress and relax various body systems improving mental concentration, calmness, flexibility, and overall health.

Dates: 1/5 – 2/23
Days: Wednesdays
Times: 1:00 pm – 2:00 pm
Location: Town Hall
Council Chambers
Fees: \$55 Residents/\$69
Non-Residents



Life Stories With Sheila Dunec

This class will teach students easy, enjoyable, and creative ways to write about the events of their lives and their family history. Guided by an instructor with over 25 years experience, students will learn how to recall long-forgotten but important incidents and put them on paper. Participants will learn reflective techniques that promote new understanding of their life experiences. Finally, students will engage in a search to discover enduring values in their life stories in order to pass their insights on to future generations, as well as to apply them to the rest of their own lives. Please call Sheila at 650-565-8087 if you have any questions or need more information.

Dates: 9/15 – 11/17
Days: Wednesdays
Times: 2:30 pm – 4:00 pm
Location: Town Hall
Council Chambers
Instructor: Sheila Dunec, MA
Fees: \$150 Residents/
\$164 Non-Residents

Current Events Discussion Group

Come and join a lively, interactive and guided discussion of world problems and situations with Avenidas Instructor Ben Medved. This group actively cares about what is happening globally and locally. If lively and interactive discussions of current world problems, situations, and possible solutions sound interesting to you, then come and let your voice be heard.

Benjamin A. Medved, MFT, has worked in a variety of clinical and educational settings for over 27 years. His formal education included a Master's Degree in Clinical Counseling at CSU East Bay (Hayward), and a Bachelor's Degree in Philosophy from UC San Diego. He currently practices in Los Altos.

Dates: 10/1 – 11/19
Days: Fridays
Times: 1:00 pm – 2:00 pm
Location: Parks & Recreation Center at Town Hall
Fees: \$150 Residents/\$164 Non-Residents

Bridge Club With Prudence Saunders

Come and join the newest group in Los Altos Hills! Learning bridge strategies stimulates neural plasticity in the brain. The eight week series includes everything from shuffle, deal and play, to more advanced strategies as appropriate. The 8 week series includes No Trump bidding and responses, Major and Minor suit bidding and responses, and more advanced topics as appropriate. There will be a short lecture followed by play.

Instructor Prudence (Prue) is an ACBL certified teacher. She has taught groups in Palo Alto, the Forum in Los Altos, and in addition has many private students that she tutors in their home setting. Prue has been playing bridge for 30 years and has won many blue ribbon events and played at the national competition level behind screens. She has almost 4000 master points.

Dates: 10/1 – 11/19
Days: Fridays
Times: 2:30 pm – 4:00 pm
Location: Parks & Recreation Center at Town Hall
Fees: \$120 Residents/\$134 Non-Residents





Stepping Strong From Lifelong Fitness Alliance

Lifelong Fitness Alliance, in collaboration with AARP and the Stanford Health Improvement Program, has developed a 10-week walking and wellness program. This program encourages individuals and communities to step up their overall wellness through peer support and goal setting.

An Ambassador acts as the liaison between their walking group and Lifelong Fitness Alliance (LFA). All participants will receive a 10-week manual full of health and wellness topics such as nutrition, brain fitness, and the importance of sleep. They will also receive a pedometer and tracking calendars to monitor fruit and vegetable intake as well as daily steps with the pedometer. Membership in Lifelong Fitness Alliance and tips on revving up your walking, no matter your fitness level, are also included. This group will briefly meet at Town Hall then head out on many of the surrounding Pathways.

Info Session: Thursday 9/23 at 2:00 pm
Parks & Recreation Center
at Town Hall

Dates: 9/30 – 12/9 (No meeting
11/25)

Days: Thursdays

Times: 2:00 pm - 3:30 pm

Fee: \$25 payable at 1st class

Senior Health Education Seminar

Come learn some healthy tips from the nutrition and exercise specialists from El Camino Hospital! The El Camino Hospital Health Library and Resource Center will be on site with books and materials on nutrition and exercise for you to check out and take with you. Participants will receive a free HealthPerks lifetime membership from the El Camino Women's Hospital. Normally \$25, this program offers information on lectures and events related to women's health, free health screenings and consultations, health tips, a monthly newsletter, discounts on healthy purchases in the community, membership to the Health Library & Resource Center, special gifts and more! Please RSVP to 650-947-2506. Space is limited. Reservations are preferred.

Date: 1/28

Day: Friday

Times: 1:30 pm – 3:00 pm

Location: Town Hall
Council Chambers

Fee: Free

FUN FACTS

Studies have shown that access to a place to exercise results in a 5.1 percent median increase in aerobic capacity, along with a reduction in body fat, weight loss, improvements in flexibility and an increase in perceived energy.

The Town has nearly 65 miles of Pathways in which one can achieve all of these objectives.



Nature Sculpting

We will meet at Town Hall parking lot at 9:00 am and drive to Pescadero Beach on the coast for a fun day of nature journaling, rock balancing and unstructured play. Participants are responsible for their own transportation to and from the beach. The Town is not providing carpools or caravans. Pescadero is a magical beach on the California coast, filled with perfect rocks for nature sculpting and rock stacking, journaling nature and other natural materials that help promote unstructured play for kids and adults. Bring your whole family or just yourself. You can also meet us directly at Pescadero beach anytime between 10:00 am and 4:00 pm. Bring warm clothes, sunscreen, water, and lunch.

Dates: 11/13
Day: Saturday
Times: 9:00 am – 4:00 pm
Ages: All Ages Welcome
Fee: Free

Nature Journaling

Record and remember your nature experiences by creating a nature journal. Studies show that we remember our experiences with nature more profoundly if we take time to draw and record our observations. Using drawings, watercolors and text, we will create a nature journal. Participants will hike near Westwind Barn and in Byrne Preserve, stopping to draw, paint and describe our observations. Bring a blanket or pad that will allow you to sit comfortably. Please bring your own water, snacks and sunscreen. For more info, contact Kelyn Dewar at dewar.kelyn@gmail.com; Scott Vanderlip at scott@inet-sciences.com or Town Staff at 947-2506.

Date: 10/23
Day: Saturday
Location: Westwind Barn
Times: 9:00 am – Noon
Instructors: Kelyn Dewar/Scott Vanderlip
Fee: \$15 if you have your own journaling materials; \$40 with optional journaling kit of sketchbook, pencils, water colors and brushes that must be ordered before the class.

Plein Air Painting By Robert Schick

Use oils or acrylics on location to imitate the color, light, textures and atmosphere of local landscapes. Field easels will be available for the first three students who request them. A supply list will be provided. Students will be responsible for purchasing their own supplies.

Instructor Robert Schick has taught painting and drawing classes privately and publicly since 1989 for the San Jose Parks and Recreation Department, the Santa Clara Parks and Recreation Department, the Triton Museum, and the Community School of Music and Arts. He studied art at San Jose State University (MA, BA), the Art Institute of San Francisco, and Foothill College. Robert can assist students in a variety of styles and mediums, though he emphasizes New York Art Students League practices imparted by his former instructors. Since 1981, Robert has participated in over two hundred exhibitions as a professional artist and is well known for his paintings and drawings of local historic landmarks in Santa Clara Valley. The first class is an informational session and will meet in the Parks & Recreation Center at Town Hall.

Dates: 9/18 – 11/6
Days: Saturdays
Times: 10:00 am - 12:30 pm
Location: Various Los Altos Hills Scenery
Fees: \$199 Residents/\$213 Non-Residents

Ice Skating Classes for Adults By Winter Lodge

Outside Magazine ranked Winter Lodge as one of the top 10 outdoor ice skating experiences in the US!

Winter Lodge offers these beginning ice skating lessons for people who have never skated or who must hold onto the rail. Rental skates and free practice time are included on the day of the lesson as well as 2 extra practice passes. Group lessons are 1/2 hour once a week. Students must wear gloves. For higher level lessons, contact Winter Lodge directly at 493-4566 or www.winterlodge.com. Winter Lodge is located at 3009 Middlefield Road in Palo Alto. Registration deadline is 9/20.

Dates: 9/29 – 11/17
Days: Wednesdays
Times: 8:00 pm – 8:30 pm
Location: Winter Lodge
Fees: \$144 Residents/
\$160 Non-Residents

Rally Training

Have fun with your dog and reinforce good behavior

Rally Training was created to allow handlers to actively reinforce good dog behavior in competition by using verbal and nonverbal praise. The handler moves through a preset course by reading numbered signs that give instructions. All breeds of dogs, including mixed-breeds, are suitable but they must have completed a basic obedience training course. Your dog should have a basic understanding of sit, down, stay, come and heel. Your dog must be in good physical condition, up to date with all vaccinations, flea free and non aggressive towards people and other dogs.

Session 1: 9/15 – 10/20
Session 2: 10/27 – 12/1
Session 3: 11/4 – 12/16
Session 4: 1/6 – 2/10
Session 5: 2/17 – 3/24

Days: Wednesdays
Times: 9:00 am – 10:00 am
Location: Baseball Field at Hillview Community Center
Fees: \$60 Residents/
\$69 Non-Residents
Instructor: Rosalie Alvarez

Dog Obedience Training

For dogs over five months of age. Introduces basic and intermediate obedience skills. Content will also include discussions on responsible dog ownership in today's society. All work will be done on lead unless prior approval received from the trainer to work without a leash. Equipment Note: Choke chain collar which is 3 inches longer than the dog's neck circumference and of medium link size required. Other collar choices are permitted with trainer's approval. Also required is a six foot leash/lead of leather or fabric. Leather leads are highly recommended for medium to large dogs. Register with Los Altos Recreation at www.ci.los-altos.ca.us/recreation.

Session 1: 9/16 – 10/21
Session 2: 10/28 – 12/16
(No Class 11/11 & 11/25)

Days: Thursdays
Times: 8:00 am – 9:00 am
Location: Baseball Field at Hillview Community Center

Fee: \$84
Instructor: Rosalie Alvarez



YOUTH CLASSES, CAMPS & ACTIVITIES

Ice Skating Classes

By Winter Lodge

Outside Magazine ranked Winter Lodge as one of the top 10 outdoor ice skating experiences in the US!

Winter Lodge offers these beginning ice skating lessons for people who have never skated or who must hold onto the rail. Rental skates and free practice time are included on the day of the lesson as well as 2 extra practice passes. Group lessons are 1/2 hour once a week. Students must wear gloves. For higher level lessons, contact Winter Lodge directly at 493-4566 or www.winterlodge.com Winter Lodge is located at 3009 Middlefield Road in Palo Alto. Registration deadline is 9/20.

Dates: 9/30 – 11/18
Days: Thursdays
Session 1: 3:00 pm – 3:30 pm
Ages: 4 - 5
Session 2: 3:30 pm – 4:00 pm
Ages: 6 - 7
Session 3: 3:30 pm – 4:00 pm
Ages: 8 - 10
Session 4: (Mondays) 5:00 pm – 5:30 pm
Ages: 11 - 16
Location: Winter Lodge
Fees: \$144 Residents/
\$160 Non-Residents

Group Hockey Lessons

By Winter Lodge

Winter Lodge hockey classes are designed to be FUN, skill building, recreational lessons for children ages 7-13 years. This is not a league and Winter Lodge skaters do not play on outside teams. Classes consist of skill building techniques which are then put to practice in scrimmages during class. Experienced coaches create a fun, positive learning environment for the kids. Classes meet once a week for 45 minutes. All participants must provide their own required equipment including: Ice Hockey helmet with face mask, Ice Hockey stick, Hockey Skates. Elbow pads, knee pads and gloves are strongly recommended. Other equipment and pads are fine, however not mandatory. Contact Winter Lodge at 493-4566 for skating ability requirements. Registration deadline is 9/13.

Dates: 9/27 – 11/15
Days: Mondays
Session 1: 5:00 pm – 5:45 pm
Ages: 7 - 9
Session 2: 6:00 pm – 6:45 pm
Ages: 6 - 7
Location: Winter Lodge
Fees: \$144 Residents/
\$160 Non-Residents

Blue Angels Youth Ski & Snowboard Program

The Blue Angels program gives children and teens the opportunity to ski or snowboard the Sierras with friends and other snow sport enthusiasts in a fun, yet structured environment. Open to all ability levels, the program includes 5 full Saturdays of professional coaching taught by resort instructors, lift tickets, luxury bus transportation to Sierra-at-Tahoe Resort, constant adult supervision, lunch & snacks, Pro-Tec snow helmet, sponsor goodie bag and equipment rental/leasing discounts. The Blue Angels program provides a learning environment that fosters independence, builds self-esteem and boosts athletic skills. To register please visit www.BlueAngelSnow.com or call (925) 939-7669 for more information.

Dates: 1/22 – 2/26
(No Class 2/19)
Days: Saturdays
Departure & Return: Please visit www.BlueAngelSnow.com for locations & times
Fee: \$799

Archery for Kids

Instructor Keith Gutierrez has taught archery classes for more than 25 years. These safe and fun classes allow each individual to focus on their accomplishments.

Archer Scout

Participants will learn the technique of shooting a bow as well as the name for each part of the bow and arrow. If your 7 – 9 year old has more experience, contact the Parks and Recreation Department to request a move to the next skill level.

Dates: 3/8 – 4/5
Days: Tuesdays
Times: 4:30 pm – 5:30 pm
Ages: 7 - 9
Location: Byrne Preserve, 27210 Altamont Road
Fees: \$120 Residents/\$138 Non-Residents

Robin Hood

This class will focus on grouping of arrows and distance shooting. Participant will compete for rewards. The goal to become a marksman will bring individual discipline.

Dates: 3/9 – 4/6
Days: Wednesdays
Times: 4:30 pm – 5:30 pm
Ages: 10 & Up
Location: Byrne Preserve, 27210 Altamont Road
Fees: \$120 Residents/\$138 Non-Residents

Lacrosse Winter Camp

By Atherton Lacrosse

Learn the fundamentals of Lacrosse, the fastest game on two feet! We make learning the fundamentals of lacrosse fun. No previous experience required. Lacrosse sticks will be available for rent from the Atherton Lacrosse staff or you can bring your own. Mouth guard is required (can be purchased for \$2). Play is “no-contact”. For more information, please visit the Atherton Lacrosse website www.AthertonLacrosse.com or email us at AthertonLacrosse@Gmail.com.

Dates: 12/20 – 12/23
Times: 9:00 am – Noon
Location: Pinewood Upper School Campus
Ages: 7 - 15
Instructor: Atherton Lacrosse Staff
Fees: \$180 Residents/
\$194 Non-Residents



Basic Sailing

Discover the dream and prepare to “sail away” in your own Capri dinghy, a 14’ long sloop! We’ll teach you all the basics to get you out on the water, safely maneuvering your sailboat around the lake. Tacking and jibing (turning), sail trim, nomenclature, knots, and water safety are among the myriad of subjects covered in this fast paced and exhilarating course taught by certified instructors. Successful completion will result in a certification, so that students may return at their leisure to rent boats. For more information, call 650-941-7222 or visit www.shorelinelake.com.

Session 1: 9/18 – 9/19
Session 2: 10/9 – 10/10
Days: Saturday & Sunday
Times: 9:00 am – 1:00 pm
Location: Shoreline Lake, Mt. View
Ages: 14 & Up
Fee: \$195

Intermediate Sailing

Earn an internationally recognized US Sailing or American Sailing Association certification and improve your skills on the water. Shoreline Lake’s certified coaches will refine your boat-handling, teach you capsize recovery techniques, work with you in man overboard drills, and expand your knowledge of self-rescue, sail tuning, and hull dynamics. From here, you will have the skills to dive into our race clinics and the exciting world of yacht racing! Students will be asked to take a swim test that includes swimming 100 yards and treading water. For more information, call 650-941-7222 or visit www.shorelinelake.com.

Dates: 9/25 – 9/26
Days: Saturday & Sunday
Times: 1:30 pm – 5:30 pm
Location: Shoreline Lake, Mt. View
Ages: 14 & Up
Fee: \$205

Basic Windsurfing

You’ve watched those sails on the Bay from 101 and seen those amazing pictures on magazine covers... now you’re ready to try it! You will learn to windsurf in a weekend with our certified instructing staff. With an outstanding curriculum and the use of land simulators, students will be up and sailing in a matter of hours regardless of age, strength, and size! Tacking (turning), rigging, nomenclature, self-rescue, water safety, and a myriad of other topics will be covered as students earn their certifications. After class, students will be ready to rent the equipment and practice their new skills!

Dates: 9/25 – 9/26
Days: Saturday & Sunday
Times: 9:00 am – 1:00 pm
Location: Shoreline Lake, Mt. View
Ages: 14 & Up
Fee: \$185

Basic Kayaking

Do you dream of exploring pristine rivers or shooting thrilling rapids? Have you wished to join those kayak-surfers on the waves of Santa Cruz? Shoreline Lake’s knowledgeable and experienced staff of instructors will introduce you to this lifetime sport in a matter of hours! Learn stroke techniques, launching and landing, nomenclature, self-rescue, water safety, and equipment tuning. For more information, call 650-941-7222 or visit www.shorelinelake.com.

Dates: 10/2
Days: Saturday
Times: 9:00 am – 12:00 pm
Location: Shoreline Lake, Mt. View
Ages: 13 & Up
Fee: \$85

Spy Academy

Look out 007!! The Mad Science Spy Academy is here! From decoding messages to metal detectors and night vision, campers will have the opportunity to check out spy equipment and even create their own edible message. Step into the shoes of a detective as you uncover the science involved in evidence gathering and analysis. Become a super spy and learn clever ways of performing tasks as we take a hands-on view of the science that spies use. The take homes for this camp were specially designed by Q himself!

Dates: 12/20 – 12/22
Times: 9:00 am – Noon
Location: Parks & Recreation Center at Town Hall
Ages: 5 – 12
Fees: \$134 Residents/\$148 Non-Residents

“Fizz”-ical Phenomena & Che-Mystery Camp

Take a walk on the wild side in this crazy week of sleuth science. Have a ton of fun as we whip up potions and experiment with all kinds of chemical reactions, including growing our own crystals, making sidewalk chalk, and a chromatography t-shirt to keep. Mix it up as we experiment with molecular madness, radical reactions, and “fizz”-ical and chemical reactions. Discover what those crazy chemists are really up to in their laboratories. Then use everything you’ve learned to solve the Mad Science Mystery; even Sherlock couldn’t figure this one out!

Dates: 12/27 – 12/29
Times: 9:00 am – 3:00 pm
Location: Parks & Recreation Center at Town Hall
Ages: 5 – 12
Fees: \$171 Residents/
\$185 Non-Residents

Green Bean Kidz

Green Bean Kidz is an outdoor education program for children and adults. Our focus is on ecology, preservation, and environmental awareness taught through simple concepts in nature. Classes explore the local flora and fauna by experiencing nature first hand: climbing trees, walking in creeks, looking for animals, bugs, and birds, while appreciating the quiet beauty of nature. In the process we learn about plants, animals, and ecosystems while getting some exercise. Studies have shown that children (and adults!) who spend more time outside are calmer and more focused than those who do not. The program also encompasses music, art, science, games, hiking and movement all geared toward learning about nature, our outdoor world, and concepts that will lead toward preserving it. Joseph Cornell's "flow learning" techniques are used in accordance with the Green Bean Kidz philosophy. This class is taught by Ellen Gibson. She grew up in Los Altos Hills and is the Director and Principle Teacher of Green Bean Kidz, LLC. Parents should stay with the younger children during sessions 1 and 4.



Nature Journaling

Record and remember your nature experiences by creating a nature journal. Studies show that we remember our experiences with nature more profoundly if we take time to draw and record our observations. Using drawings, watercolors and text, we will create a nature journal. Participants will hike near Westwind Barn and in Byrne Preserve, stopping to draw, paint and describe our observations. Bring a blanket or pad that will allow you to sit comfortably. Please bring your own water, snacks and sunscreen. For more info, contact Kelyn Dewar at dewar.kelyn@gmail.com; Scott Vanderlip at scott@inet-sciences.com or Town Staff at 947-2506.

Date: 10/23
Day: Saturday
Times: 9:00 am – Noon
Location: Westwind Barn
Instructors: Kelyn Dewar/Scott Vanderlip
Fee: \$15 if you have your own journaling materials; \$40 with optional journaling kit of sketchbook, pencils, water colors and brushes that must be ordered before the class.

Fees: \$120 Residents/
\$134 Non-Residents
Location: Los Altos Hills Parks & Preserves

Session 1: 9/14 – 10/19
Days: Tuesdays & Thursdays
Times: 9:30 am – 11:30 am
Ages: Birth – 5

Session 2: 9/14 – 10/19
Days: Wednesdays
Times: 1:30 pm – 3:30 pm
Ages: 5 – 11

Session 3: 9/14 – 10/19
Days: Wednesdays
Times: 4:00 pm – 5:30 pm
Ages: 5 – 11

Session 4: 11/2 – 12/14 (No Class 11/23-11/25)
Days: Tuesdays & Thursdays
Times: 9:30 am – 11:30 am
Ages: Birth – 5

Session 5: 11/2 – 12/14 (No Class 11/23-11/25)
Days: Wednesdays
Times: 1:30 pm – 3:30 pm
Ages: 5 – 11

Session 6: 11/2 – 12/14 (No Class 11/23-11/25)
Days: Wednesdays
Times: 4:00 pm – 5:30 pm
Ages: 5 – 11



Nature Sculpting

We will meet at Town Hall parking lot at 9:00 am and drive to Pescadero Beach on the coast for a fun day of nature journaling, rock balancing and unstructured play. Participants are responsible for their own transportation to and from the beach. The Town is not providing carpools or caravans. Pescadero is a magical beach on the California coast, filled with perfect rocks for nature sculpting and rock stacking, journaling nature and other natural materials that help promote unstructured play for kids and adults. Bring your whole family or just yourself. You can also meet us directly at Pescadero beach anytime between 10:00 am and 4:00 pm. Bring warm clothes, sunscreen, water, and lunch.

Date: 11/13
Day: Saturday
Times: 9:00 am – 4:00 pm
Location: Pescadero Beach, Pescadero, CA
Fee: Free

Kids Yoga

This fun, engaging class explores yoga poses, cooperative games, breathing and relaxation exercises while conveying lessons in self-expression, body awareness and social skills. Non-competitive and fun, students will develop strength, flexibility, concentration and confidence.

Instructor Cheryl Acheson began practicing yoga in the 1990s and is now devoted to practicing and teaching yoga. She loves those new to yoga as well as students who have a firm foundation. She currently apprentices with Tom Abrehamson (Iyengar). She has studied Anusara Yoga with Kenny Graham, Darren Rhodes, John Friend and others. Cheryl is also a kids Yoga teacher and is IYK certified. Kids yoga is about leading kids to have strong and flexible minds and bodies and feeling good inside and out! Regardless of age, students will focus, balance, align, strengthen and relax in every class! Cheryl is a 20-year resident of Los Altos Hills.

Dates: 10/7 – 12/2 (No Class 11/25)
Days: Thursdays
Times: 4:00 pm – 4:45 pm
Location: Parks & Recreation Center at Town Hall
Ages: 5 – 8
Fees: \$100 Residents/\$114 Non-Residents

Yoga for Teens

This fun, engaging class explores yoga poses, cooperative games, breathing and relaxation exercises while conveying lessons in self-expression, body awareness and social skills. Non-competitive and fun, students will develop strength, flexibility, concentration and confidence.

Dates: 2/17 – 4/7
Days: Thursdays
Times: 4:00 pm – 4:45 pm
Location: Parks & Recreation Center at Town Hall
Ages: 13 – 19
Fees: \$100 Residents/\$114 Non-Residents

Rocket Kids

Kids lengthen and strengthen their bodies with flowing sequences, balancing poses, breathing exercises and simple relaxation techniques. Rocket Kids participants will be on top of the world after completing partner poses and fun yoga activities that build trust and positive communication.

Dates: 12/9 – 2/10
(No Class 12/23 & 12/30)
Days: Thursdays
Times: 5:00 pm – 5:45 pm
Location: Parks & Recreation Center at Town Hall
Ages: 8 – 12
Fees: \$100 Residents/
\$114 Non-Residents



Year 'Round Riding Program

The Year 'Round Riding Program sessions offer riding lessons for youth and adults. The beginners' program is for those with little or no riding experience. The novice program is for riders who are comfortable at the walk and trot and who are beginning to canter. Each program uses an English saddle. Safety helmets are required and will be provided. For safety reasons we require that participants come neatly dressed wearing jeans or other comfortable pants (no shorts), boots or shoes with heels. Jewelry is not allowed and hair must be pulled back and out of the rider's face. All riding classes will be held rain or shine.

Location: Westwind Barn
 Instructor: Jane Kawasaki
 Ages: 7 & Up
 Fees: \$295 Residents/
 \$335 Non-Residents

Adult & Youth Beginner

Days: Saturdays
 Session 1: 10/16 – 12/4
 (No Class 11/20 & 11/27)
 Session 2: 1/8 – 2/12
 Session 3: 2/26 – 4/9
 (No Class 3/12)
 Times: 9:00 am – 9:45 am

Youth Beginner

Days: Tuesdays
 Session 1: 10/12-11/16
 Session 2: 1/4-2/8
 Session 3: 2/22 – 4/5 (No Class 3/15)
 Times: 4:00 pm – 4:45 pm

Youth Novice

Days: Wednesdays
 Session 1: 10/13-11/17
 Session 2: 1/5-2/9
 Session 3: 2/23 – 4/6 (No Class 3/16)
 Times: 4:00 pm – 4:45 pm

Youth Novice

Days: Saturdays
 Session 1: 10/16 – 12/4
 (No Class 11/20 & 11/27)
 Session 2: 1/8-2/12
 Session 3: 2/26 – 4/9 (No Class 3/12)
 Times: 11:00 am – 11:45 am

Youth Advanced Novice

Days: Saturdays
 Session 1: 10/16 – 12/4
 (No Class 11/20 & 11/27)
 Session 2: 1/8-2/12
 Session 3: 2/26 – 4/9 (No Class 3/12)
 Times: 10:00 am – 10:45 am

“What we do during our working hours determines what we have; what we do in our leisure hours determines what we are.”

GEORGE EASTMAN

Private Riding Lessons At Westwind Community Barn

The Town of Los Altos Hills offers private horseback riding lessons and training at Westwind Barn. Participants will learn the basic balance seat or Huntseat in a fun, safe and positive environment geared towards the rider interested in showing or improving their riding. Training for the horse is also available on a limited basis from a qualified trainer. Town staff will work with you to coordinate a day and time for your lesson. Please contact the Parks and Recreation Department to schedule your private lesson today or to learn more about the program.

Location: Westwind Barn
Fees: Residents: \$47 for 30-minute lesson; \$57 for 45-minute lesson
Non-Residents: \$52 for 30-minute lesson; \$62 for 45-minute lesson
To Register: 650-941-7222 or at <http://www.losaltoshills.ca.gov/parks-and-recreation>
Instructor: Jane Kawasaki or Crystal Petralli

Giddy-Up! Riding Camps At Westwind Community Barn

A “full barn” experience, this program focuses on responsible and considerate use of horses and communication with horses. Each rider is assigned to his or her horse for the week, resembling the responsibility and fun of horse ownership. Graduates of summer camp move into Pony Club and Olympic-level instruction. We offer quality ponies, a pony club curriculum, a low student to instructor/assistant ratio in a park-like setting, with horse games, vaulting and a horse show on the last day of camp.

Winter Break Camp: 12/20 – 12/23
Spring Break Camp: 4/11 – 4/15
Times: 9:00 am – 1:00 pm
Ages: 6 – 13
Location: Westwind Barn
Fee: Winter Fees: \$295 Residents/\$335 Non-Residents
Spring Fees: \$375 Residents/\$425 Non-Residents



**SPECIAL
EVENTS,
RECREATION
AREAS AND
OPEN SPACE**

Hoedown At Westwind Community Barn

The Westwind Community Barn, 27210 Altamont Road , is the location for the Los Altos Hills Annual Hoedown which will take place Saturday, September 11 from 3:00 - 8:00pm. The Hoedown will feature live music, arts and crafts, Farmers Market, BBQ and free entertainment for the entire family. The 2nd Annual Community Farmers Market provides an opportunity for residents to set up a table to sell their locally grown fruits and vegetables.

The event will also highlight textile demonstrations, quilting, knitting, crocheting, spinning, weaving, soap making, leather tooling, puppet making, and family oriented games and prizes. At 4:30 pm come view our Equestrian exhibitions in the upper arena, featuring the 4-H riders, Parks and Recreation participants from the Year 'Round Riding Program, as well as the Pacific Ridge Pony Club.

This year, California Barbecue will be selling meals onsite for \$10 each. The 4-H, Youth Commission and Pony Club will be hosting a bake sale. Wine from J. Lohr Vineyards & Wines will be poured.

If you would like to participate in our Farmers Market, host a craft table, game, pour wine or donate to the event, please contact Sarah Gualtieri, sgualtieri@losaltoshills.ca.gov or 650-947-2518.

Date: 9/11
Day: Saturday
Times: 3:00 pm – 8:00 pm
Location: Westwind Barn
Fee: Free with food and beverage available for purchase

Holiday Barn Lighting Event At Westwind Community Barn

Join the Los Altos Hills community for a special holiday celebration. Spend the afternoon in the fresh air at Westwind Barn, sampling home baked cookies and hot cider and/or wine tasting with local vintners while kids participate in games, craft tables, face painting, pony rides and a petting zoo. Local student groups will perform traditional carols and holiday music. Bring your camera as Santa will be available for last minute holiday wish lists and a tasty candy cane treat. Local Pony Club and 4H students will demonstrate horse grooming and horse management skills and answer questions on how you can participate in their programs. The Barn will light up at 4 pm and Santa will ride off into the sunset in true Hills style! Make this holiday season memorable and bring the whole family for a day in the Hills that they will not forget!

Date: 12/5
Day: Sunday
Times: 1:00 pm – 4:00 pm
Location: Westwind Barn
Fee: Free

Westwind Community Barn

Westwind Barn is a public boarding and training facility that is home to the 4-H's Disabled Riding Program and the Pacific Ridge Pony Club. The Parks and Recreation Department operates two programs at Westwind: the Year 'Round Riding Program and a hunter/jumper training program available to boarders.

Westwind Barn is a great staging site for long-distance trail rides due to its easy access to many of the Town's 63 miles of Pathways. This system connects to and backs up to Rancho San Antonio and Arastradero Preserve.

Newly renovated facilities available at the barn include:

- Boarding box stalls ranging in size from 10'x10' to 15'x10' with Nelson automatic waterers, rubber mats and new stall fronts
- Rebuilt paddocks with shelters
- 100' x 200' jumping rubber and sand arena with a full course set of fences & jumps
- Standard dressage court at approximately 80' x 130'
- 51' Eurofelt round pen
- Bathrooms, kitchen, a shower, lounge, picnic areas and hot water wash racks



Town Staff offers a full-care hunter/jumper training program for boarders at Westwind Barn. Riders attend horse shows ranging from schooling shows to larger rated shows. Riders and horses have qualified for all major Medal Finals and are Division Champions in the Pony Divisions, Children's Hunters, Ch/AA Jumpers and Equitation Rings. Access to a wide variety of trainers and instructors is also available. Boarders are free to bring their own trainers with proof of insurance.

For more information on the barn, its boarding and training operations, and lesson programs, contact Barn Manager Crystal Petralli at 650-269-5129 or cpetralli@losaltoshills.ca.gov.

For more information about Parks & Recreation's YRRP and camp programs, contact Parks & Recreation Supervisor, Eric Christensen at echristensen@losaltoshills.ca.gov or at 650-941-7222.

FUN FACTS

A 2001 study in the Netherlands reported that in a greener environment people report fewer health complaints, more often rate themselves as being in good health, and have better mental health.

The study reported that a ten percent increase in nearby greenspace was found to decrease a person's health complaints in an amount equivalent to a five year reduction in that person's age.

Los Altos Hills Activity Guide

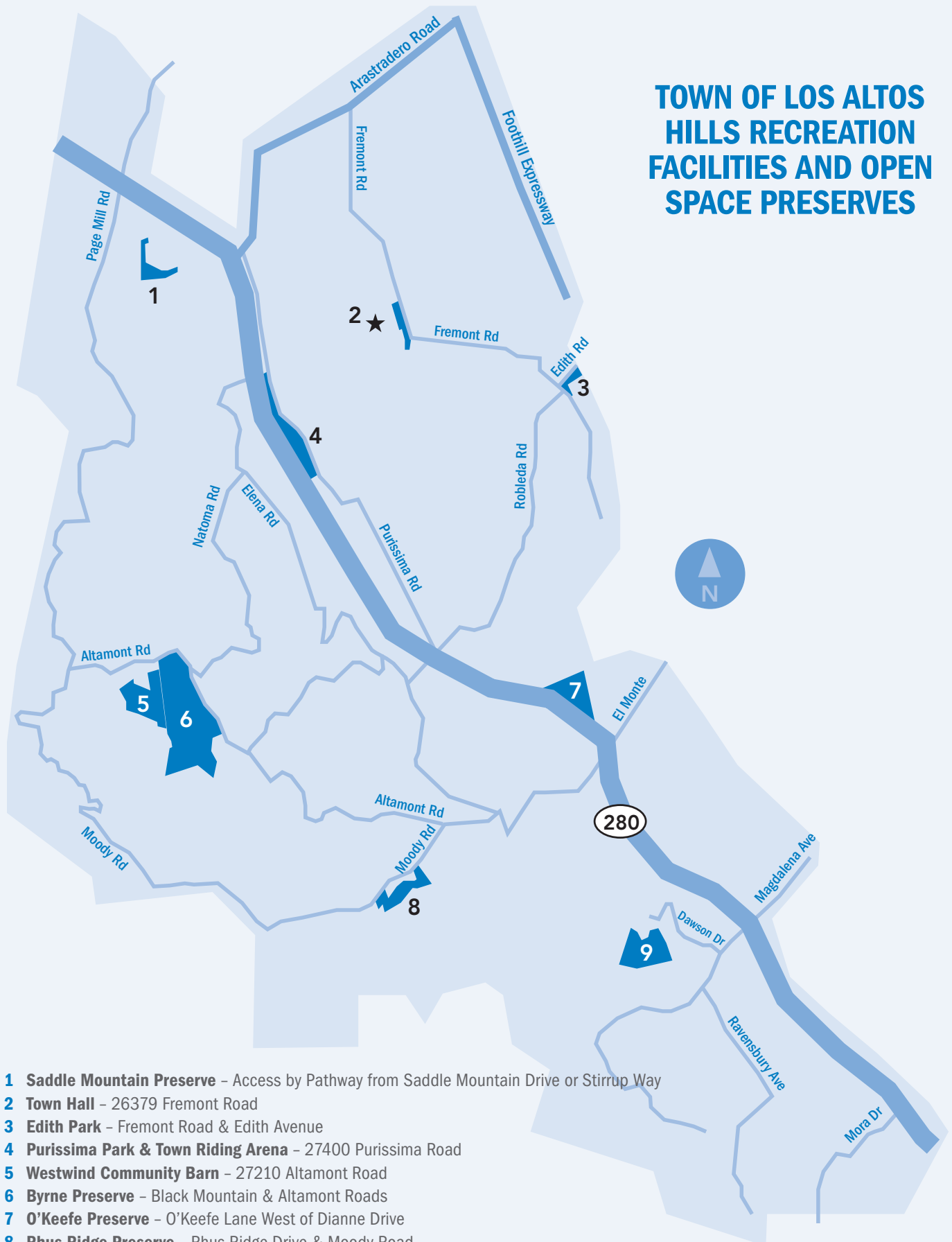
The Activity Guide is published with assistance from the Parks and Recreation Committee.

www.losaltoshills.ca.gov

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TOWN OF LOS ALTOS HILLS RECREATION FACILITIES AND OPEN SPACE PRESERVES



1 **Saddle Mountain Preserve** - Access by Pathway from Saddle Mountain Drive or Stirrup Way

2 **Town Hall** - 26379 Fremont Road

3 **Edith Park** - Fremont Road & Edith Avenue

4 **Purissima Park & Town Riding Arena** - 27400 Purissima Road

5 **Westwind Community Barn** - 27210 Altamont Road

6 **Byrne Preserve** - Black Mountain & Altamont Roads

7 **O'Keefe Preserve** - O'Keefe Lane West of Dianne Drive

8 **Rhus Ridge Preserve** - Rhus Ridge Drive & Moody Road

9 **Juan Prado Mesa Preserve** - Access by Pathway from Dawson Drive



REGISTRATION FORM

PLEASE PRINT ALL INFORMATION

Participant First and Last Name	Age (if under 18)	T-shirt Size	Course/ Activity	1st Choice Session	2nd Choice Session	Fees
1 _____	_____	_____	_____	_____	_____	_____
2 _____	_____	_____	_____	_____	_____	_____
3 _____	_____	_____	_____	_____	_____	_____
4 _____	_____	_____	_____	_____	_____	_____
5 _____	_____	_____	_____	_____	_____	_____
6 _____	_____	_____	_____	_____	_____	_____

PARENT/ADULT CONTACT INFORMATION

Name: Last		First		Date of Birth
Address: City		State	Zip	
Parent Name: Last		First		
Phone No: Home	Work	Cell	Email Address	
Emergency Contact: Name		Phone		

RELEASE OF LIABILITY & ASSUMPTION OF RISK AGREEMENT

In consideration of the acceptance of the application for entry into the classes or activities listed on the Registration Form, I hereby waive, release and discharge any and all claims for damages for death, personal injury, or property damage which I may have, or which may hereafter accrue to me as a result of my participation in said classes or activities. I am aware that these classes or activities subject me to physical risks and dangers, nevertheless, I voluntarily agree to assume any and all risks of injury or death, and to release, discharge, and hold harmless all of the entities or persons mentioned above who, through negligence or carelessness, might otherwise be liable to me, or my heirs, personal representatives, next of kin, spouse or assigns. It is understood and agreed that this waiver, release, and assumption of risk is to be binding on my heirs, personal representatives, next of kin, spouse and assigns. I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR. In addition, should the Town of Los Altos Hills take photographs of my or my child's program, event or activity, I agree to allow use of my and or my child's photograph to be used for program publicity purposes only.

Signature: _____ Dates: _____

REFUND POLICY: Refunds will only be given up to 7 days before the commencement of program. Within 7 days, a refund will only be granted if vacated position is filled. **No refunds will be given after program has started.** A refund service charge of 7% will be added to all refunds requested by the customer.

TO BE COMPLETED BY PARENT OR GUARDIAN OF MINOR PARTICIPANTS

I have fully read this Agreement and fully understand its content. Furthermore, the significance of this release of liability and assumption of risk agreement has been EXPLAINED TO THE MINOR.

Signature of parent or guardian: _____ Dates: _____

Print parent/guardian name: _____

Address (City, State, Zip): _____

Please indicate whether you are signing as: ☐ Parent ☐ Guardian

PAYMENT

I hereby authorize the use of my credit card: ☐ Mastercard ☐ Visa

Name as it appears on card: _____

Card Number: _____ Exp Dates: _____

Signature: _____

Please detach and remit payment to: Town of Los Altos Hills Parks and Recreation, 26379 Fremont Road, Los Altos Hills, CA 94022



TOWN OF LOS ALTOS HILLS

26379 Fremont Road
Los Altos Hills, CA 94022

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Plein Air Painting
Rally Training
Dog Obedience
Training
Ice Skating Classes
for Adults



Youth

Ice Skating Classes
Group Hockey Lessons
Blue Angels Youth Ski &
Snowboard Program
Archery for Kids
Archer Scout
Robin Hood
Lacrosse Winter Camp
Basic Sailing
Intermediate Sailing
Basic Windsurfing
Basic Kayaking
Spy Academy
“Fizz”-ical Phenomena &
Che-Mystery Camp
Nature Journaling
Green Bean Kidz
Nature Sculpting
Kids Yoga
Yoga for Teens
Rocket Kids

Year 'Round Riding
Program

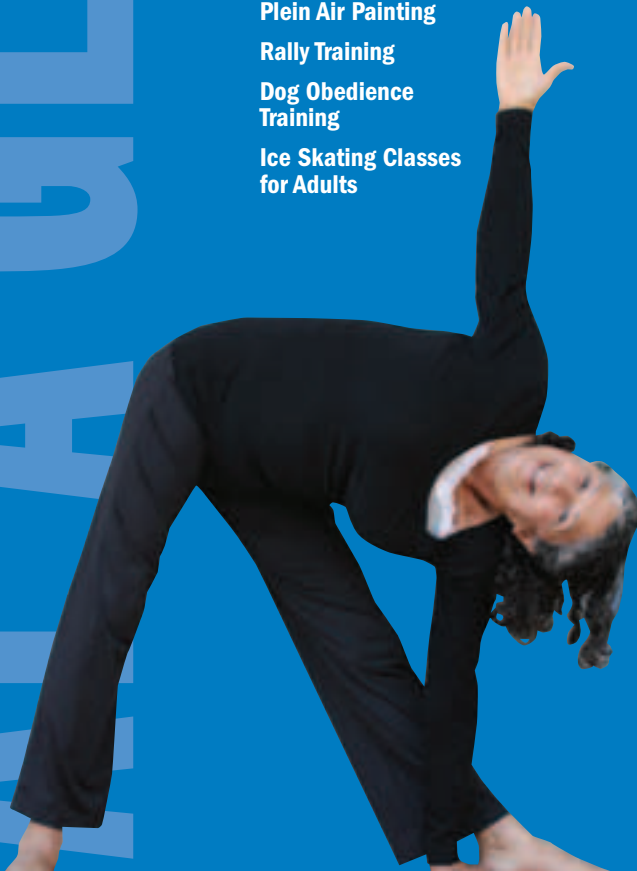
Private Riding Lessons
Giddy-Up! Riding Camps

Events

Hoedown
Holiday Barn Lighting Event
Westwind Community Barn



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AT A GLANCE